



**FOR IMMEDIATE RELEASE**

Contact: Meghan Wedd McGuire  
803-737-2325

**New Set of Healthy SC Challenge Tips Released**  
**First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use**

**Columbia, S.C. – June 30, 2006** – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, **www.healthysc.gov**.

**Healthy Tips**

***Nutrition***

Make sure you include fruits and veggies at your 4<sup>th</sup> of July picnic! Every time you eat a fruit or vegetable you are immediately improving your health. They are chock full of vitamins, minerals and fiber, naturally low in calories and teaming with plant substances called phytochemicals that offer extraordinary health benefits. These miraculous agents of good health provide the color you see in fruits and veggies. Remember the deeper and richer the color, the greater the health benefits!

– **Ann Kulze, MD – Nationally recognized nutrition and wellness expert**

***Physical Activity***

Have some star-spangled fun by incorporating activity into your 4<sup>th</sup> of July festivities! You can play games like tug-of-war, egg and spoon relays, horseshoes and other activities everyone will enjoy.

– **Adapted from familyfun.com**

***Tobacco***

If you have time off during July 4<sup>th</sup>, consider that summer vacation may be the right time to quit. Things like work-related stress and smoking co-workers can make quitting difficult. Take advantage of the opportunity vacation provides to be free from these temptations and have extra support from family.

– **Adapted from no-smoking.org**

-#####-

*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **www.healthysc.gov**, or contact Meghan McGuire at 803-737-2325.*